

Wolf Pack WARRIOR

Vol. 18, No. 35

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Sept. 26, 2003



Retired Brig. Gen. Robin speaks to Wolf Pack today

See page 12

NEWS BRIEFS

New guidance for frocking

The Air Force has issued new guidance on frocking, the practice of pinning on a higher rank after selection for that grade but before the actual promotion date. One of the changes is delegation of the approval/disapproval authority to the Air Force Personnel Center commander for frocking to major and lieutenant colonel and to the Air Force Senior Leadership Management Office for frocking to colonel and above. The criteria for frocking depends on several key factors. First, the officer must be nominated for promotion by the president and confirmed by the Senate. The officer must be serving in (or projected within 60 days to serve in) a valid manpower authorization at the higher grade. Finally, frocking must be essential for the officer to effectively perform his or her assigned duties.

Panel releases academy report

The blue-ribbon panel investigating sexual misconduct at the Air Force Academy reported Monday failures in leadership led to 142 reported cases of sexual abuse in the past 10 years. The panel made 21 recommendations to Secretary of Defense Donald Rumsfeld and Air Force Secretary Dr. James Roche. Among those was a request the Department of Defense inspector general conduct thorough a review of accountability of previous leaders at the academy and Air Force headquarters. The panel also recommended a high degree of monitoring to ensure the changes take hold and remain effective. The panel urged the formation of committees with specific oversight responsibilities for academic affairs, student life and athletics.



Photo by Tech. Sgt. Charlein She

School days

Iraqi students wait impatiently at the gates for the opening of their new school. Army and Air Force troops volunteered to renovate two local schools near Kirkuk Air Base, Iraq.

Guard F-16 crashes

A Texas Air National Guard F-16 Fighting Falcon, assigned to Ellington Field, Texas, crashed during a routine training mission Monday. The crash occurred in a wooded area approximately 200 miles northeast of Houston, near Rosepine, La. The pilot ejected safely and no one was injured on the ground.



Courtesy photo

HONOR GUARD: Staff Sgt. Harvey Gilchrist, (middle) 8th Services Squadron, practices presenting the colors with other members of Kunsan's honor guard. Gilchrist was lead rifle in the color guard at Secretary of the Air Force, Dr. James Roche's Order of the Sword ceremony at Andrews Air Force Base, Md. Sept. 13.

8th FW Wing member serves in Order of the Sword

By Senior Airman
Cat Trombley
8th Fighter Wing Public Affairs

Secretary of the Air Force, Dr. James Roche, was inducted to the Order of the Sword during a ceremony Sept. 13 at Andrews Air Force Base, Md., and one Wolf Pack member had a front row seat.

Staff Sgt. Harvey Gilchrist, 8th Services Squadron, was handpicked to represent Pacific Air Forces Command in the honor guard that performed in the ceremony.

"I was lead rifle in the color guard team," Sergeant Gilchrist said, who has been actively involved in honor

guard for three years. "I was excited, thankful and honored to go and represent the Wolf Pack."

The Order of the Sword is the highest honor Air Force NCOs can bestow on a leader. Leaders are given the honor for making significant contributions to the enlisted corps.

Secretary Roche became the eighth Air Force inductee since the ceremony was updated and adopted by Air Force NCOs in 1967. And, Sergeant Gilchrist said it was a once in a lifetime opportunity.

"The ceremony entailed a cordon, colors, sword presentation and gift bearers," Sergeant Gilchrist said. "The ceremony was phenomenal.

All the hard work and long hours of practice paid off."

However, Sergeant Gilchrist said he finds all the hard work rewarding.

"I enjoy serving the people and giving my best in each ceremony, honoring those who have paved the way for me," he said.

During the ceremony, Command Chief Master Sgt. of the Air Force Gerald Murray, spoke about the secretary's accomplishments.

"It's a common sight to see our secretary surrounded by airmen at a base or a venues asking them how they are, what concerns they have, and what can be done to make our Air Force better," the chief said.

Secretary Roche had

many accomplishments for the enlisted corps during his tenure as Air Force secretary. He made it so senior enlisted members could enroll in the Air Force Technology Institute. He secured 100 percent tuition assistance for airmen and allowed first sergeants to extend their special duty tours beyond three years. He also established a new standard for junior enlisted dormitories.

Not only did Sergeant Gilchrist get to meet Air Force Chief of Staff, Gen. John Jumper and Chief Murray, he got to meet the man of the hour — the secretary himself.

"That was the highlight of the event," Sergeant Gilchrist said.

What goes TDY, stays TDY – NOT!

By Staff Sgt.
Jennifer Gregoire
354th Fighter Wing Public Affairs

I am not the TDY police. Or I wasn't earlier this year when I witnessed a senior airman lick a lieutenant colonel's neck as she prepared to down a tequila shot. After the shot, she promptly sucked the lime from the officer's mouth.

Not only did the officer allow this to happen, so did every TDY-classmate of mine at the table, including a major and a chief master sergeant.

I expect a lot from senior NCOs and officers — and to see both ignore such a blatant disregard for rules disgusts me. Maybe these are the people who keep the saying 'what goes TDY, stays TDY' alive.

There I was at a one-week training course at Maxwell Air Force Base, Ala., when I joined some of my classmates at the bar attached to our hotel that Wednesday night.

I was mortified after

watching the shot incident — I kept thinking someone higher ranking would say something. No one did. As the shots continued, the crowd dwindled.

I talked to the airman briefly, in private, when the lieutenant colonel excused himself from the table. I then asked her how much alcohol she had to drink, if she was aware of what she was doing — and how it looked. I then asked her if she knew where I was going with this conversation — she said 'yes.'

Apparently, she didn't. When the lieutenant colonel returned she did another shot off of him and I realized I hadn't been blunt enough.

When the airman began touching the officer inappropriately, I reached my breaking point and out of my mouth came:

"If you've found what you're looking for ... I suggest the two of you retire for the evening."

I asked the senior airman, "Are you still thinking about reenlisting? If you are, I sug-

gest you reconsider."

"I'm reconsidering it now," she said.

"Good, because I don't want you in my Air Force, and Sir, with all due respect, that goes for you too."

The airman left the table.

The lieutenant colonel said he was sorry he offended me, but since I said something to him and the airman, he told me I had better say something to the chief and the staff sergeant who were also at our table.

I was stunned. Instead of admitting what he did was wrong, he tried to deflect the situation to people who had been talking during the evening — nothing more.

The lack of integrity of everyone involved made me question why I reenlisted for another four years just two weeks prior. Why was a staff sergeant with seven years of service — in the midst of officers and senior NCOs — enforcing standards?

Why would I or should I respect anyone who ignores inappropriate behavior contradictory to our Uniform

Code of Military Justice?

I wonder how the 'bystanders' would have felt if the Air Force Chief of Staff or the Chief Master Sergeant of the Air Force walked in and corrected the behavior for them?

I hate when my intelligence and my authority as an NCO are insulted. If you don't like being corrected by a subordinate or dealing with the consequences of your actions — you shouldn't be doing it in the first place. And, if you don't have the guts or pride in the Air Force values to correct people, you should consider another profession.

Everyone talks about having integrity, after all, it's one of our Core Values — but that doesn't mean everyone who wears a uniform has it.

I reported the incident to my instructor and the course director, prompting an investigation. No matter what the outcome, I'm glad I had the guts to do what was right. If that makes me the TDY police, so be it.

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

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Request songs at 782-4373

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A letter to my old friend, Mr. Alcohol

By Senior Master Sgt. John Sharpe
51st Communications Squadron

During my five years as a shirt, I've received many late night and early morning phone calls. But I wanted to share one particular phone call with you because this one changed one of my troop's life.

Early on a Saturday morning, I received a call about a depressed troop who had been drinking too much and was having suicidal thoughts. When I arrived, I talked with my troop for a couple of hours, he assured me he was not going to harm himself. I was satisfied with our conversation and left him with a couple of friends to watch over him.

Early Monday morning, because he had continued drinking, I took him over to the Alcohol and Drug Abuse Prevention and Treatment office. He was immediately hospitalized for acute alcohol poisoning followed by six weeks of intense outpatient treatment.

While he was in treatment, he was diagnosed an alcoholic. As part of his treatment, he had to write a farewell letter to his old friend, Alcohol. He later shared this letter with me:

Dear Alcohol,

I remember growing up saying I would never let you into my life. Telling my parents they were putting poison in their veins and I would never

do that. Then I had my first experience with you when I was 19 at a New Year's party. I was acquainted with two rum and cokes and four beers, which made me puke all morning long, not what I would call "love at first sight."

Let me fill you in on the damage you have done. Countless nights you left me lonely, drowning in my misery. Making me feel worthless, like I wasn't good enough for anyone. You held me back when I wanted to go to school and better my education because you thought you could teach me everything I needed to know. When I was about to test for promotion, I failed three times before making it ... only because I was too busy spending time with you to study. How about all the money I've spent on you? About \$15,000 I wasted on you ... and what do you give me in return? Headaches and heartache ... not to mention the 17 stitches in my left hand from the medicine cabinet incident.

Stupid drunk phone calls to my girl after she shattered my heart. All those times I was drunk and unable to establish an intellectual connection with worthy people; the time my boss sent me home from work because he thought I had food poisoning, when the truth was you were the only poison in my body; driving drunk almost every night I drank, putting my life and the lives of others in danger; passing out at


the wheel last October on my way from Illinois to Maryland, slamming my car into a concrete barrier ... only because I felt it was necessary to visit you in every town along the way.

All along I felt like I needed you by my side to fit in, even when no one else was drinking. Disguising you in a Gatorade bottle so I could take you out in public. Clouding my mind for so many years ... years that I should've been getting to know myself better, instead it was you I got to know better.

You're a player. You used me because you knew you could get away with it. You saw I was vulnerable and I'd keep coming back for more. I can now see as plain as day you took advantage of me. You are the devil in disguise, trying to make it easy for others to sin and destroy themselves and everything they stand for.

But you know what, I'm not mad at you. I forgive you for all the pain you have caused me. Please don't call or write back though, you will only be wasting your time ... because I have started a brand new life with someone else other than you ... MYSELF!!!

This story could have a much sadder ending were it not for the concern of some genuine friends and the sheer determination of one person. He asked for help and we gave it to him. Most importantly, he accepted the help and is now continuing his successful Air Force career.



**WOLF PACK
WARRIOR**
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Defend the base
Accept follow-on forces
Take the fight North

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

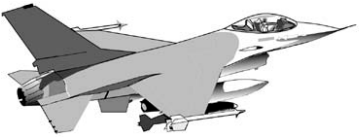
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MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	352	259
80th FS	352	311
8th FW	704	570



Community standard

During hours of darkness, everyone wearing a military uniform will wear a reflective safety belt or vest while outdoors. For the purpose of this rule, hours of darkness begin 15 minutes before sunset and end 15 minutes after sunrise. The only exception is uniformed security forces personnel when on duty, including augmentees. Personnel wearing civilian attire are also highly encouraged to wear reflective gear.

Wolf Pack leaders takes industrial tour

Kunsan leadership gains important cultural awareness

By Staff Sgt. Robert Wollenberg
8th Fighter Wing Public Affairs

Kunsan Air Base commanders and first sergeants participated in a quarterly industrial tour sponsored by Kunsan City Hall Sept. 19.

During the tour, members of the 8th Fighter Wing visited the Kunsan Agricultural Development Center, Geumkang Migratory Bird Observatory, City Hall, the GM/Daewoo plant and the Doosan Brewery.

"This is a periodic meeting between the air base and Kunsan City Hall to promote friendship between both our groups and let them know how beautiful Kunsan is," said Mr. Kang, Keun Ho, Kunsan City Mayor. "I believe this is the best way to promote the friendship between Kunsan citizens and members of the 8th FW."

While at the Agricultural Development Center, the group was given a presentation outlining Kunsan's past, present and future agricultural state.

Highlights from the visit included a video of the Kungang Estuary Dam Project and its lasting effects on Kunsan and the surrounding provinces.

"The presentation was very informative and well put together. The fact it was done with an eye on environmental effects, is a testament to the care the people of Kunsan have for their hometown," said Maj. Anthony Hernandez, 8th Fighter Wing Comptroller Flight commander. "I was amazed at the scope of the land reclamation effort and the fact that better farms and fisheries were a direct result."

A tour of the dam control room was also included.

Following the development center, the group visited the Geumkang Migratory Bird Observatory, and City Hall.

At City Hall, they were presented a video showcasing industrial development, cultural celebrations, festivals, Kunsan and the Arts, and local trade information. The Kunsan City Mayor addressed the group, highlighting the importance of cohesion and understanding between the city and the base. After his pres-



Photo by Staff Sgt. Robert Wollenberg

"Hawk," Col. Kimberly Slawinski, 8th Medical Group commander and "Falcon," Col. Douglas Tucker, 8th Mission Support Group commander, check out their name-sakes displayed at the Geumkang Migratory Bird Observatory while on the Kunsan industrial tour Sept. 19.

entation, he thanked the 8th FW members by hosting an appreciation luncheon.

The next stop on the industrial tour was the Kunsan GM/Daewoo manufacturing plant, where the group observed several displays and demonstrations, and was then taken on a guided tour of the facility. From the joining of the first sheets of metal to the final drive off the assembly line, the group watched cars being built.

"I had never visited a car manufacturing plant before and it was absolutely amazing," said Col. Kimberly Slawinski, 8th Medical Group commander. "The complexity of the assembly line was fascinating, I could've stayed hours watching the robotics at work."

As the final stop on the tour, the group visited the

Doosan plant where Chongju [rice wine] is made. The group received a guided tour of the plant seeing all the processes that go into making one of Korea's traditional beverages.

By providing base a comprehensive tour of Kunsan's top industries, the 8th Fighter Wing leadership was able to gain an important perspective of the community their base resides in.

"Once again our Korean friends showed why they are considered to be some of the best hosts in the world," said Col. Bill Coutts, 8th Fighter Wing vice commander. "They did an outstanding job exposing the members of the tour to Kunsan City industrial, societal, agricultural, and cultural activities. There was complete agreement by everyone that it was one of the best tours seen to date."

03 Football Frenzy

Loring Club kicks off football season with free prizes

Club members have the opportunity to win a trip to a regular season National Football League game, the Super Bowl, and the Pro Bowl. Football fans can watch the games and enter to win prizes at the Loring Club.

"This year's Football Frenzy expands club membership value by providing increased opportunities to win these incredible trips," said Don Montgomery,

General Manager. "We have new prizes. Come visit us every Tuesday Night and watch the game with us. It's fun and you could increase your chances to win some great prizes."

Grand prize winners will receive a trip for two to see either the Houston Texans play the Tampa Bay Buccaneers, the Super Bowl, or the Pro Bowl. Trips include round-trip airfare, hotel accommodations, local transportation and game tickets.

The Loring Club will also give away its own prizes.

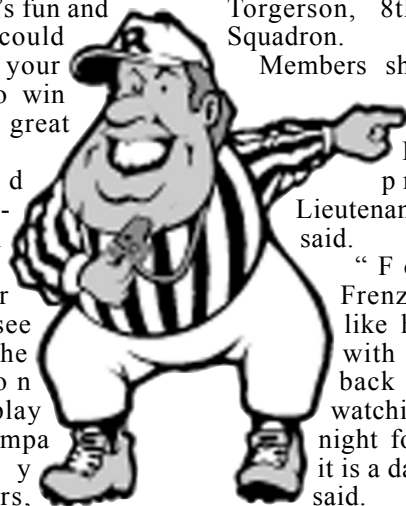
"The Loring Club will

also give away four NFL jackets each Tuesday, two from each team playing," said 2nd Lt. Stephanie Torgerson, 8th Services Squadron.

Members should enjoy the atmosphere the Loring Club provides, Lieutenant Torgerson said.

"Football Frenzy is just like hanging out with the gang back home and watching Monday night football only it is a day late," she said.

"This is the ninth year our club members have had this exclusive opportunity," Mr. Montgomery said. "This will be a great Frenzy season for our members. Join some friends for football excitement in your club and a chance to win."



Commissaries nix home-printed coupons

Home printed coupons, too hard to tell if valid

By Rick Brink
Defense Commissary Agency

FORT LEE, Va. — Commissaries are no longer accepting "home-printed" coupons as the grocery industry comes to terms with the fraudulent use of Internet coupons.

"We still gladly accept manufacturers coupons the kind you clip out of newspapers, or magazines, or that you receive in the mail. What we're not accepting are coupons that have been downloaded from the Internet and printed with a home computer, because it's too difficult for our cashiers to tell if they are valid," said Bob Vitikacs, Defense Commissary Agency, director of operations

and product support.

The use of fraudulent Internet coupons is growing in the grocery business, and many commercial grocers are also declining to accept home-printed coupons. Most coupons are legitimate, but home computers and Internet access have made it easy to alter legitimate coupons for fraudulent use, Vitikacs said.

Some analysts estimate the loss by coupon fraud to the grocery industry to be millions of dollars. Fraud ultimately costs consumers as manufacturers raise their prices to recoup losses.

To protect against loss, DeCA officials decided to immediately suspend acceptance of home-printed, photocopied or facsimile-generated coupons color and black-and-white.

"This is an interim measure we've adopted immediately to protect our customers and industry partners," Mr. Vitikacs said.

7 Article 15s during August

By Master Sgt. Bernadette Saunders
8th Fighter Wing Legal Office

Seven members of the Wolf Pack received punishment under Article 15 of the Uniform Code of Military Justice during the month of August.

A senior airman from the 8th Aircraft Maintenance Squadron received Article 15 punishment for dereliction of duty, a violation of Article 92, UCMJ. The senior airman failed to call the 8th Security Forces Squadron to inquire into his augmentee duty schedule. The commander imposed punishment consisting of a reduction to the rank of airman first class, suspended for six months, forfeiture of \$100 pay per month for two months, 35 days extra duty, and a reprimand.

A senior airman from the 8th Logistics Readiness Squadron received Article 15 punishment for disrespect towards an officer, disrespect towards noncom-

missioned officers, disobeying lawful orders, and communicating a threat, violations of Articles 89, 91, and 134, UCMJ. The commander imposed punishment consisting of reduction to the rank of airman, suspended for six months and forfeiture \$236 pay per month for two months.

A senior airman assigned to the 8th LRS received Article 15 punishment for dereliction of duty, a violation of Article 92, UCMJ. The senior airman was viewing pornographic images and sexually explicit materials via a government computer. The commander imposed punishment consisting of reduction to the rank of airman first class, suspended for six months and 15 days extra duty.

A technical sergeant from the 8th LRS received Article 15 punishment for failure to go, a violation of Article 86, UCMJ. The commander imposed punishment consisting of reduction to the rank of staff sergeant, suspended for six months.

An airman first class from the 8th Medical

Support Squadron received Article 15 punishment for failure to obey a lawful order, a violation of Article 92, UCMJ. The airman first class admitted to drinking alcohol after being ordered not to drink alcohol. The commander imposed punishment consisting of reduction to the rank of airman and 45 days restriction.

An airman first class from the 8th SFS received Article 15 punishment for misbehavior of a sentinel and failure to go, violations of Articles 113 and 86, UCMJ. The commander imposed punishment consisting of reduction to the rank of airman, 14 days restriction, and 14 days extra duty.

A staff sergeant from the 8th Services Squadron received Article 15 punishment for destroying government property, a violation of Article 108, UCMJ. The commander imposed punishment consisting of reduction to the rank of senior airman, suspended for five months, 25 days extra duty and forfeiture of \$200 pay.

Combined Federal Campaign kicks off Wednesday

Kunsan project managers would like to see above 60 percent participation

By Senior Airman
Cat Trombley
8th Fighter Wing
Public Affairs

The 2003 to 2004 Combined Federal Campaign at Kunsan will begin Wednesday and run for six weeks through Dec. 10.

"By contributing to the CFC, you're giving charities the means to do their good work," said 2nd Lt. Brian Hasbrouck, 8th Operations Support Squadron and one of the wing project officers.

The campaign was established in 1961 and is the largest workplace-charity campaign in the country. This annual fall fund-raising drive allows nearly 4 million federal employees and service members to contribute to thousands of local and national nonprofit

organizations.

Last year, people donated \$237 million, second only to the 2001 post Sept. 11 campaign. Contributions can be made in cash, by check or by payroll deduction.

On average, one in four federal employees or their family members will benefit from the CFC charities this year alone, according to officials. Donors may designate which charity or charities receive their money by filling out a pledge card.

"This is the only time the Air Force asks for donations," Lieutenant Hasbrouck said. "Last year, only 25 percent of the people at Kunsan donated to the CFC. This year we would like to see that number above 60 percent. We want to show the Air Force the Wolf Pack not only takes care of its own, but also looks out for the welfare of others. We don't care how much you give, only that you care enough to give."

Squadron project officers should be contacting you shortly with more information. The CFC Web site is at www.opm.gov/cfc.

Osan Airman court-martialed

OSAN AIR BASE, Republic of Korea — An airman was found guilty during a court-martial recently.

Staff Sgt. Sasanna Galitzen, of the 51st Comptroller Flight, was sentenced to 11 months confinement, forfeiture of all pay and allowances, reduction to airman basic and a bad conduct discharge.

Airman Galitzen was convicted of making false official statements, larceny and wrongful appropriation. All are violations of the Uniform Code of Military Justice.

Airman Galitzen collected about \$11,000 in housing allowance while stationed here

between January and June. She claimed she was recently married, when in fact she was divorced. She submitted a tampered marriage certificate from her previous marriage to receive the allowance while on temporary duty at Keesler Air Force Base, Miss., in January.

In February, she requested \$1,000 for family-separation allowance, which is available for servicemembers separated from their families for an extended period of time. In addition, she collected about \$250 in cost of living allowance in March when she had an airman enter her false information into the finance-

computer system.

In April, a discrepancy was found in her personnel and finance records. She was single in one record and had a dependent in another. She removed her name from a page of the report.

Airman Galitzen was later reported to Air Force Office of Special Investigations by someone in the finance office.

She paid back all monies owed to the Air Force, officials said.

She is currently confined at Camp Humphreys, Republic of Korea, until she is sent to Miramar Confinement Facility in San Diego.

Wolf Pack officers enlisted troops make a difference, help improve their living quarters



Photos by Senior Airman Cat Trombley



PAINT THE DORM: (Clockwise from top left) **1st Lt. Edgar Lopez**, 8th Fighter Wing Comptroller Flight, paints a window sill in building 1408 Saturday. Officers volunteered to paint several enlisted dorms over the last two months. **1st Lt. Nathan McLeod-Hughes**, 8th Logistics Readiness Squadron, touches up a wall of a dorm room. **Staff Sgt. Jessica Burns**, 8th Maintenance Operations Squadron, volunteered to help the officers paint the hard to reach spots. **Staff Sgt. Kenneth DeVito**, 8th MXO, also a volunteer, uses a roller to paint the big areas. The officers plan to paint one dormitory a month. They will paint the 8th Maintenance Squadron dormitory in October and the 8th Communications Squadron dormitory in November.

WOLF PACK
Crime Watch

Sept. 15:

Article 121, Larceny/shoplifting— At approximately 6:45 p.m. a civilian at the Base Exchange telephoned the security forces control center to say he had detained two Army privates for shoplifting. Patrolmen were briefed and dispatched. An investigation revealed the soldiers had shoplifted two bottles of Gucci cologne. The bottles of cologne were taken as evidence. Both soldiers were released to their first sergeant.

Noise complaint — A technical sergeant called the SFCC and relayed there was a loud noise coming from the basketball complex behind building 1406. A patrolman was briefed and dispatched. Upon arrival, the patrolman came in contact with three senior airmen. The patrolman briefed the airmen on the 24-hour noise discipline.

Sept. 16:

Government vehicle accident on base — A lieutenant colonel notified the SFCC there was an accident on Ave. C in front of the Loring Club. Patrolmen were briefed and dispatched. Once on the scene, a master sergeant stated that while he was slowly driving across the crosswalk adjacent to the Loring Club, he was hit from behind by a staff sergeant’s vehicle. Damage to the master

sergeant’s vehicle consisted of minor scratches on the rear bumper. Damage to the staff sergeant’s vehicle consisted of a bent front bumper. Investigation revealed the staff sergeant was operating his vehicle while not paying attention. The staff sergeant was issued an Armed Forces Traffic Ticket .

Sept. 17:

Loud noise complaint — An anonymous caller called the SFCC to report loud noise coming from building 1408 on the second floor. A patrolman was briefed and dispatched. He arrived and had negative findings.

Accidental damage to government property — A senior airman called the SFCC to report the back window of a vehicle had been damaged. A patrolman was briefed and dispatched. Upon arrival, he made contact with an airman who stated he loaded wood into the back of the vehicle and broke the back window of the Chevy truck.

Sept. 18:

Nothing to report.

Sept. 19:

Government vehicle accident — A senior airman called the SFCC via landline to report an accident at building 2565. A patrolman was briefed and dispatched. A staff sergeant stated he was attempting to stop his vehicle by stepping on the brake but the vehicle did not stop and he ran into another vehicle. Damage to the first vehicle consisted of minor scratches on the front end. Damage to the second vehicle consisted of a dent in rear the rear of the vehicle.

Loud noise complaint — A staff sergeant called the SFCC and said there was loud noise coming from the second floor of building 1418. A patrolman was briefed and dispatched. When he arrived on scene, he relayed there was no noise coming from the second floor.

Informational — An airman called the SFCC and said Wolf Pack Wheels was at the front gate and was unable to open the door. Patrolmen were briefed and dispatched. Upon arrival, they requested fire department response. A staff sergeant from the fire department arrived on scene and evacuated the bus through the top escape hatch. The bus was parked and all personnel walked back to their residence.

Sept. 20:

Loud noise complaint — An airman called the SFCC to report loud noise coming from the first floor of building 1303. A Patrolman was briefed and dispatched. When he arrived, he made contact with an

airman first class and informed him about the 24-hour noise discipline.

Loud noise complaint — An airman first class called the SFCC to report loud noise emitting from the fourth floor of building 1303. Patrolmen were briefed and responded. Upon arrival, they came in contact with an Army private first class who was briefed on the 24-hour noise discipline.

Article 117, provoking speeches and gestures; Article 137, drunk and disorderly; Article 91, Insubordinate conduct towards an NCO — Patrolmen radioed the SFCC to report they were taking a senior airman into custody for being intoxicated and disorderly. The patrolmen were conducting a walk around the recreation center when the airman approached them. The airman asked the patrolmen if they knew where an individual was working tonight. When the patrolmen said they could not relinquish that information, the airman began to walk away saying indecent remarks towards the patrolmen. The patrolmen then took him into custody. The airman would not cooperate, he did not acknowledge his rights, and was not willing to answer any further questions until he had a lawyer present.

Sept. 21:

Loud noise complaint — An anonymous person called the SFCC to report loud noise coming from the fourth floor of building 1303. A patrolman was briefed and dispatched. He made contact with an Army private first class and informed him about 24-hour noise discipline.

Courtesy of the 8th Security Forces Squadron

Top 3 MVP



Photo by Staff Sgt. Robert Wollenberg

ANALYZING: Tech. Sgt. Richard Cleveland, 8th Fighter Wing Flight Safety NCO in charge, surveys airfield construction. Sergeant Cleveland was chosen by the Top 3 council for the August Most Valuable Payer award. His primary duties include quarterly in-flight emergency sortie and mishap reporting, ensures safe flightline maintenance and airfield management practices through proactive safety inspections. He is the epitome of “service before self” as the base focal point for the bird aircraft strike hazard program. He works many long hours, flexing with the flying schedule and ensuring that birds and aircraft don’t cross paths. Sergeant Cleveland received a MVP Award certificate, \$25 Army Air Force Exchange Service gift certificate and a Top 3 coin. The MVP award is a monthly award created by the Top 3 council to recognize an enlisted member — technical sergeant and below — of the 8th Fighter Wing who goes the extra mile by accomplishing tasks that would otherwise go un-noticed, be it on or off duty.

OF THE
PRIDE , PACK

Job: 8th Fighter Wing Comptroller Flight, financial services specialist

Primary Duties: in-processing and average of 50 newly assigned mebers weekly, computing more than 2,000 military pay and military travel advances.

Hometown: Chicago, Ill.

Follow-on: Yokota Air Base, Japan.

Hobbies: Education, traveling and watching movies

Favorite music: R&B

Last good movie you saw: “The Recruit”

Best thing you’ve done at Kunsan: Meeting Ken and making staff sergeant.

“Although senior Airman Farah Mahmood is a junior ranking member in her section, she does not deter from seeking more challenging tasks. She possesses savvy, poise and technical skills, and is ahead of her peer group. She rallied the troops by serving as the secretary of the Unit Advisory Council. As the flight’s self aid buddy care instructor, she helped improve deficiencies in the unit, which led to an ‘excellent’ in the Operational Readiness Inspection. She played a large role in the planning of the Asian-Pacific Committee. Our motto is ‘Who pays the pack?’ and Senior Airman Mahmood is definitely a front-runner when representing our unit. Clearly she deserves to be a recipient of Pride of the Pack.”

Master Sgt. Darryl Rush
8th Fighter Wing Comptroller Flight, chief of customer service



Senior Airman
Farah Mahmood

Congratulations to Kunsan’s
newest promotees to
Senior Airman Below the
Zone

Airmen 1st Class:
Roslin Smith, 8th Aircraft Maintenace Squadron
Shant Palouljian, 8th Maintenance Squadron
Mark Lebedzinski, 8th Communications Squadron
Bryan Bailey, 8th Logistics Readiness Squadron
Christopher McKiven, 8th Security Forces Squadron
Quinton Kinard, 8th SFS

8th Fighter Wing Comptroller
Flight quarterly awards

Airman of the Quarter
Senior Airman Farah Mahmood

NCO of the Quarter
Tech. Sgt. Frances Sanchez

Senior NCO of the Quarter
Mater Sgt. Karen Harris

Company Grade Officer of the Quarter
1st Lt. James Oberg

Civilian of the Quarter, category I
Mr. Won, Yong Kim

Civilian of the Quarter, category II
Ms. Chun, Ae Yi

Wolf Pack spends



Photos by Master Sgt. Gregory Scott

CLEAN UP: A Republic of Korea air force F-5 flies over as members of the Wolf Pack clean up the beach Sept. 18. More than 280 wing members, Republic of Korea air force, and Korean volunteers cleaned a stretch of beach that ran the entire length of the runway plus another 1,000 yards.



TRASH : Staff Sgt. Tyrone Guy and Senior Airman David Womack, both of the 8th Security Forces Squadron, carry a bag of debris during beach clean up.



LOAD: Airman 1st Class Benito Rodriguez, 8th Maintenance Squadron, and Senior Airman Rodel Sy, 8th Aircraft Maintenance Squadron, load a front loader during the beach clean up.

day at the beach

By 1st. Lt Herb McConnell
8th Fighter Wing Public Affairs

8th Fighter Wing members were told to forget about coming into work, and to hit the beach Sept. 18.

But instead of having fun in the sun, the troops ended up improving the environment along with community relations.

More than 280 wing members, Republic of Korea air force, and Korean volunteers cleaned a stretch of beach that ran the entire length of the runway plus another 1,000 yards.

The team of volunteers, armed with four front-end loaders and two Highly Mobile Multi-purposed Wheeled Vehicles, filled more than nine construction size dumpsters with junk from 9 a.m. to 2 p.m.

“A front-end loader is basically a big scoop on four wheels. The HMMWVs gave us the four-wheel drive we needed to get to some of the places we wanted to clean,” said Staff Sgt. Ryan Wilt, 8th Civil Engineer Squadron.

“We had a large group from 8th CES out there, and good support from the medical group. Many other squadrons from around the base supported as well,” Sergeant Wilt said.

The loaders were provided by 8th CES’s heavy equipment shop, said one of the clean-up organizers, 1Lt. David Lin, CES.

Volunteers picked up everything from children’s shoes to crab traps. Bulk items were thrown directly into the scoops while smaller items were collected in bags that would eventually end up in

the dumpsters, Sergeant Wilt said.

“Some of the containers we picked up had fuel and oil remnants in them. It was good for the environment that we picked that up, but it was also just an eye soar,” Sergeant Wilt said.

Lieutenant Lin agrees.

“Not only will the beach look better, but the clean-up will improve the ecology of the beach by eliminating choking hazards such as Styrofoam, nets, bottles and other man-made items for local wildlife,” Lieutenant Lin said.

Korean contractors were used to bring in the dumpsters, and haul them away as soon as they were filled, said Sergeant Wilt.

“We had quite a few Koreans out there helping who were all enthusiastic about the project,” Sergeant Wilt said.

But the day did not go by without a challenge or two.

The volunteers had to deal with rain for most of their five-hour clean-up efforts, but the weather didn’t affect morale, Lieutenant Lin said.

“Our biggest concern was getting stuck out there. We didn’t want to get a loader stuck, and then have the tide come in on us,” Sergeant Wilt said.

Sergeant Wilt and the rest of the volunteers fared the weather well and said they showed the Korean nationals we care about their country.

“I think we showed them we appreciate that this is their country, and we want to do our part to keep it clean,” Sgt. Wilt said.

By the end of the day, volunteers picked up approximately 150 cubic yards of trash, Lieutenant Lin said.



CLEAN UP: Airman 1st Class Jeremiah Delorme, 8th Civil Engineer Squadron; Airman 1st Class Benito Rodriguez, 8th Maintenance Squadron; and Senior Airman John Robles, 8th Aircraft Maintenance Squadron, load a front loader with garbage picked up off the beach.



NETS: Staff Sgt. Jon Placak, 8th Mission Support Squadron; Airman 1st Class Jeremiah Delorme, 8th Civil Engineer Squadron; and Staff Sgt. Daniel Draper, 8th CES, pull one of several fishing nets found during beach clean up. Volunteers picked up approximately 150 cubic yards of trash.



SO FRESH, SO CLEAN: (above) Senior Airman Rachel Zosel and Master Sgt. William Draper, both of the 8th Security Forces Squadron, pick up trash during the beach clean up. (below) 8th Civil Engineer Squadron personnel use a front-end loader to pick up a pile of debris during beach clean up.



7 DAYS

Friday

Free food night The Loring Club offers barbeque pork ribs 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin' Bowl The Yellow Sea Bowling Center offers Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 6 p.m. Busses depart Osan at 6 and 10 p.m. Tickets are \$10 for general Wolf Pack members or \$9 for special consideration of airman morale one way, and \$20 or \$18 round trip.

Saturday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. Busses depart Osan at noon and 4 p.m. Tickets are \$10 for general Wolf Pack members or \$9 for special consideration of airman morale one way, and \$20 or \$18 round trip.

Country night The Loring Club has country night, 9 p.m. to 2 a.m. in the ballroom.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in

Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Pentathlon Day The Yellow Sea Bowling Center offers patrons a Pacific Air Forces Pentathlon game piece with any purchase.

Photo club The Falcon Community Center offers a Biz Wiz game at 2 p.m. The winner receives a phone card.

Sunday

Brunch Extravaganza The Loring Club offers entrees, and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club offers bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Dart tournament The Loring Club hosts a dart tournament at 7 p.m.

Spades tournament The Falcon Community Center sponsors a Spades tournament at 7 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. Busses depart Osan at noon and 6 p.m. Tickets are \$10 for general Wolf Pack members or \$9 for special consideration of airman morale one way, and \$20 or \$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Movie madness The Falcon Community Center offers a double feature movie madness at 6 p.m.

9-Ball tournament The Loring Club offers a 9-Ball tournament at 7 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$10 for general Wolf Pack members or \$9 for special consideration of airman morale one way, and \$20 or \$18 round trip.

Airmen's bowl The Yellow Sea Bowling

Wol Pack Wheels Price Change



Effective Wednesday, Wolf Pack Wheels will cost \$12.50 for general Wolf Pack members and \$11.50 for airman E-4 and below one way, and \$20 or \$18 round trip.



Center offers no lane charge for one game or 10 free games for airmen, E-1 through E-4, all day.

Free food The Loring Club offers club members ruff ryder roast beef sandwiches 6 to 9 p.m.

8-Ball tournament The Loring Club hosts an 8-Ball Pool tournament at 7 p.m. The winner receives a phone card.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$10 for general Wolf Pack members or \$9 for special consideration of airman morale one way, and \$20 or \$18 round trip.

Chess tournament The Falcon Community Center offers a Chess tournament at 7 p.m. The winner receives a phone card.

Sumo wrestling The Loring Club has sumo wrestling 6 to 8 p.m.

Thursday

Mongolian barbeque The Loring Club offers Mongolian barbecue 5:30 to 8:30 p.m.

Ping pong tournament The Falcon Community Center offers a ping pong tournament at 7 p.m. The tournament is best out of three games. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Busses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$10.50 for special consideration of airman morale one way, and \$20 or \$18 round trip.

Submit events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.

MOVIES

Saturday

"Marci X" (R) 7 and 9:30 p.m.

Sunday

"Laura Croft: Tomb Raider" (PG-13) Starring Angelina Jolie. 6 and 8:30 p.m.

Tuesday

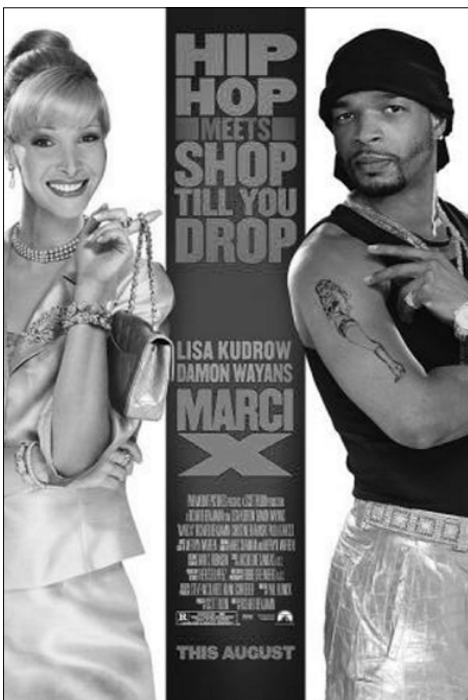
"Tomb Raider" (PG-13) 8 p.m.

Wednesday

"Pirates of the Caribbean" (PG-13) Starring Johnny Depp. 8 p.m.

Thursday

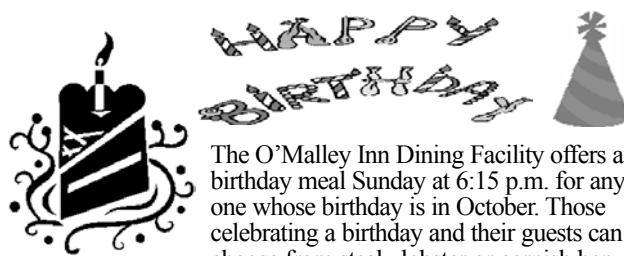
"Pirates of the Caribbean" (PG-13) 8 p.m.



Today

"Marci X" (R) Starring Lisa Kudrow and Damon Wayans. 7 and 9:30 p.m.

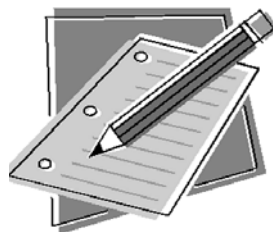
Birthday meal



The O'Malley Inn Dining Facility offers a birthday meal Sunday at 6:15 p.m. for anyone whose birthday is in October. Those celebrating a birthday and their guests can choose from steak, lobster or cornish hen for thier birthday dinner.

Student education folders

Base Training and Education Services is no longer required to keep hard copies of student education folders and will keep pertinent information in a computer database. Students are asked to pick up education folders from building 1051 for their records, during normal customer service hours. For more information, call 782-5148.



Education

Scholarship Children of Wolf Pack members may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003 to 2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center needs teachers. Many enlisted members are trying to go to school here but often run into road blocks when it comes to course availability, mostly due to a lack of teachers. Without the luxury of many college professors, the education center must rely on the officer and enlisted corps to carry the load. For more information, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman's Advisory Council The council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Return and reunion The family support center offers a return and reunion brief Tuesday at 3:30 p.m. in the base theater. No registration is required. For more information, call 782-5644.

Financial brief The family support center offers a financial briefing for airmen E-1 through E-4 today from 4 to 4:30 p.m. in building 755, room 215.

Hispanic cooking class The family support center offers a Hispanic cooking class in honor of Hispanic Heritage Month Wednesday 11:30 a.m. to 1 p.m. at the

Sonlight Inn. To register, call 782-5644.

Eunjeok Temple tour The family support center offers a tour of the Eunjeok Temple Saturday at 9 a.m. The cost is 20,000 won and includes transportation and lunch. To register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Senior Airman Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Handicap facility Wolf Pack members who are volunteering at the local Mokyangwon handicap facility Saturday should meet at the Loring Club. The bus departs from there at 9 a.m. The group will have a barbecue lunch with the residents and should be back around 2 p.m.

Chapel

Latter-Day Saint Services are Sundays at 3:30 p.m. at the chapel.

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

Sonlight Inn hours The Sonlight Inn is open every Sunday through Thursday from 6



Oktober Fest!

Saturday at 3 p.m. in the area around the Falcon Community Center.

Featuring:

bands

food and drinks

contests

give-aways





Fund-raising booths are available for squadrons. Paperwork must be filled out by close of business Sunday. For more information, call the Falcon Community Center at 782-4110.

to 10 p.m. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

- ☐ Men's Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.
- ☐ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.
- ☐ Women's Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.
- ☐ Protestant Bible study Sundays at 9:45

a.m. at the Sonlight Inn, room 1.

☐ Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

Miscellaneous

NAF sale Services will having a sale in building 825 Oct. 3 and 4, 9 a.m. to 3 p.m. TV/DVD/VCR combos, roller skates, small refrigerators, baseball gloves, computer equipment, microwaves, framed pictures, full length mirrors and much more will be sold.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Singer for a local '80s and '90s hard rock band. Band has needed equipment and about a 40 song set list. Contact CY at 782-8793, or JC at 782-9553.

For Sale

lomega 250mb USB powered ZIP Drive with 1 250mb and 1 100mb ZIP disk. \$45.00. Call Tech. Sgt. Robert Lloyd at 782-4501

mypay

— www.dfas.mil/mypay/

mypay allows military members to manage pay information, leave and earning statements, W-2s and more

Promotion?
Assignment?
Decoration?
Award?

Army & Air Force Hometown News Service

Keeps your family and friends back home informed

For more information, stop by the 8th Fighter Wing Public Affairs office or call 782-4705

Need a taxi?

Call 782-4318

Free breakfast and fellowship

8 to 11 a.m.

Every Saturday
at the Sonlight Inn



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COMM defeats CPTF 16-0

By Staff Sgt. Robert Wollenberg
8th Fighter Wing Public Affairs

In the first intramural football game of the season, COMM and CPTF got off to a rocky start.

"Our first game showed we have a long way to get to where we want to be," said Richard Puahala, COMM team captain and quarterback. "We committed too many unnecessary penalties."

Plagued with penalties, both teams were working the bugs out while trying to get their game going.

"For the first game of the season our defense played very well. We need to work on our offense," said Darryl Rush, CPTF team captain.

Although no scores hit the board before the end of the first half, both teams were settling in and finding their groove.

After halftime, penalties again dominated the clock. Nearing the end of the second half, Puahala connected with receiver Nick Officer for a touchdown, following a punt by CPTF, bringing the score to 6-0.

"Our special team made a mistake on the punt/touchdown play. We're a bit rusty, but will get better as the season goes," Rush said.

With the completion of a two-point conversion, COMM brought the score to 8-0.

Shortly after, COMM caught CPTF quarterback in the end zone for a safety bringing the score to 10-0.

With seconds to go, CPTF threw an interception, giving COMM another chance to score. Puahala was able to turn opportunity into points with a final touchdown pass to receiver Tyvus Pollock to end the game with a final score of 16-0.

"Our offense did just enough to win



COMM quarterback, Richard Puahala, lines up a deep pass while CPTF defender, Joseph Robinson, attempts to knock it down.

the game. But to win in this league, we need to put together multiple successful drives," Puahala said. "Our defense, on the other hand, is stout. I always try to stack my team's defense. If we can hold the opponents to a touchdown or less, then we will be in every game no matter how our offense plays."

In two pre-season games and the opening game of the season, COMM has given up a total of 12 points.

According to Puahala, one of the things that will be worked on in prac-

tice will be better pass protection.

"That has been a key reason for our inability to move the ball," he said. "We will also be working on precise receiver routes. I believe if we can get our offense working like our defense, we can become one of the top teams on this base."

Although their first game of the season didn't go as well as they had hoped, CPTF is keeping a positive outlook.

"I was very proud of the great effort my guys put out on the field," Rush said. "We will get better!"



Puahala takes off with the ball as defenders, Jerry Hernandez (left) and David Dilley (right) go for the flag.



CPTF running back, Joseph Robinson, heads down field as defender Puahala takes his flag.

SPORTS SHORTS

HAWC run time change

Due to the change in the schedule of the Patriot, the health and wellness center and fitness center have changed the time of the 1.5 mile fun run to Mondays. The run is still at 5:30 p.m. on the service road behind the fitness center.

Soccer players needed

Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturdays at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearnley at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Photo by 2nd Lt. David Cromwell

Top women's finalist

Lt. Gen. Dick Reynolds, Aeronautical Systems Center commander, and Brig. Gen. Ro Bailey, ASC Aeronautic Enterprise Program Office director, cheer Jill Metzger as she finishes the 26.2-mile Air Force Marathon at Wright-Patterson Air Force Base, Ohio. Metzger was the top women's finisher at 3 hours, 5 minutes and 35 seconds.

Intramural bowling league

The fall intramural bowling league began the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Notice

Please return
any towels that
belong to the
Wolf Pack
sports and
fitness center

Fit to Fight: Nearly one in three Americans admit they don't exercise regularly. As a minimum, 30 minutes of continuous physical activity on most days of the week is adequate for general fitness. For more information on exercise and other health-related topics, call the health and wellness center at 782-4305.



Golf course

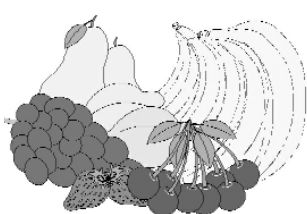
The West Winds Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to compete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

**Weekends, holiday
and down days**
8 a.m. to midnight



Tips to Healthy Eating

Eat moderate portions:

If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving, and a cup of pasta equals two servings. A pint of ice cream contains four servings.

Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the Health and Wellness Center

CSAF's Fitness Challenge: Week Five

By Capt. Tami Childers
health and wellness center
health promotions director

This is the fifth week of the Air Force Chief of Staff Fitness Challenge; 11 more weeks left!

Hopefully you are progressing well in your workouts, but fitness does not stop at the gym. Creating or maintaining a healthy lifestyle is an important part of this challenge and can mean the difference between success and failure.

Smoking is a huge problem at Kunsan Air Base. As of June 2003, 40 percent of the Wolf Pack smokes. That is almost 11 percent higher than the percentage of smokers in the Air Force as a whole.

So let's talk about smoking, how it affects your fitness and what you can do about it.

Smoking is the leading cause of preventable death in the United States, claiming an estimated 440,000 American lives each year, according to the American Lung Association.

Containing at least 43 distinct cancer-causing chemicals, cigarette smoke is directly responsible for 87 percent of lung cancer cases and most emphysema and chronic bronchitis cases. The smoke floating in the surrounding air takes the lives of over 3,000 non-smokers a year.

These statistics are not new. But did you know smoking could also affect your musculoskeletal health, leading to an increase in sports-related injuries and healing time?

According to the American Academy of Orthopedic Surgeons, smoking has an adverse effect on the repair of muscle, bone, and connective tissue. It has already been shown that smoking decreases blood flow to many parts of the body.

Research now shows this decreased flow includes the blood supply to the bones. To add more damage, the nicotine impairs the absorption of calcium into the bone. This eventually leads to fragile bones — osteoporosis.

Due to this lack of flow and nicotine effects, muscle, bone, and connective tissue damage require a longer time to heal and in many cases, may not heal completely.

These same effects also increase an individual's risk of developing exercise related injuries.

Studies on Army recruits showed smokers were 1.5 times more likely to suffer from overuse injuries. They were also more likely to suffer from traumatic injury such as sprains and fractures.

Cigarette smoke blocks the oxygen from your body, devastating your athletic performance. We know smoke not only impairs lung function, but also slows lung growth. Tissue cannot perform at its best without oxygen. Smokers experience shortness of breath three times more often than non-smokers leading to a significant decrease in their speed and endurance. In short, you cannot perform at your best with a cigarette in your mouth.

CSAF FITNESS CHALLENGE WORKOUTS, WEEK 5:

For those of you doing some resistance training on the FitLinxx workout system, do two resistance training workouts this week, with each workout consisting of three sets of 12 to 15 repetitions per set for each exercise with a 90 seconds rest between sets.

Beginners: 3 workouts this week

Monday: 30 minute workout; five minute warm-up, followed by a 45 second powerwalk/jog, with 30 seconds recovery. Heart rate should be 65 to 75 percent target heart rate.

Wednesday: do the same workout as Monday.

Friday: 35 minute workout; five minute warm-up, followed by 90 second powerwalk/jog at 60 to 75 percent THR, followed by 30 seconds recovery.

Intermediate: 4 workouts this week

Make sure you are getting plenty of rest between workouts, especially because you are moving up from three workouts to four per week.

Monday: 35 minute run at 65 to 80 percent THR.

Tuesday: 45 minute cross-training workout at 60 to 70 percent THR.

Wednesday: 35 minute run at 65 to 80 percent THR.

Friday: 40 minute cross-training workout at 60 to 70 percent THR.

Advanced: 4 workouts this week

Monday: 40 minute run at 70 to 85 percent THR.

Tuesday: 60 minute cross-training workout at 60 to 70 percent THR.

Wednesday: 30 minute run at 60 to 70 percent THR.

Friday or anytime during the weekend: five minute warm-up, followed by a 20 minute run at 75 to 85 percent THR, then 35 minutes running at 60 to 75 percent THR.

The Wolf Pack takes pride in its troops and wants to see you become the best you can be.

You are not alone. If you want to quit smoking and take one step closer to top performance, the health and wellness

center offers tobacco cessation classes every month. For more information or to sign up for smoking cessation, call the HAWC at 782-4305. Remember, if you are not fit, how can you expect to "run with the Wolf Pack."

Falcons defeat Wyoming, 35-29

By John Van Winkle
U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. — The U.S. Air Force Academy Falcons went to their strengths on a fourth-and-one midfield gamble and it paid off. The effort let the Falcons hold on to a 35-29 lead over Wyoming during the football game Saturday.

Stuck at midfield with a fourth-and-one, 2:05 left in the game and a six-point lead, the safe play for Air Force would have been to punt.

But letting Wyoming quarterback Casey Bramlet get his hands on the ball one more time just was not a recipe for success, according to the academy coaches. Bramlet had already wreaked 398 yards of passing havoc on the Falcons, and had proven that nothing short of close-air support was going to slow him down.

Likewise, the failure to gain a yard on that fourth down play would have given Bramlet excellent field position and enough time to go for the end zone and the win.

So Air Force turned to its nation-leading rushing game and signature option attack to gain the first down.

"You always look forward to going for

it," said Falcons right guard Jesse Underbakke. "You never want to punt in that situation."

Neither did the coaches.

"I made that decision right away," said Fisher DeBerry, the academy head coach. "We're in the conference race right now, and we have to take some chances. It's a game about making plays in clutch situations."

DeBerry called for his signature triple-option running play, but the Wyoming defenders were expecting the run.

Reading the defense and guessing Wyoming was anticipating another shot up the middle, Falcon quarterback Chance Harridge called an audible, changing the play to a double-option right to halfback Joe Schieffer.

Harridge took the snap and rolled right, then saw a linebacker lining him up for the kill.

"Joe concentrated and stayed with it, and I pitched to him," said Harridge.

Schieffer ran to the Wyoming 43-yard line for a 5-yard gain and the first down. Out of timeouts, Wyoming could not stop the clock as the Falcons ground out three more running plays and ended the game with a 35-29 win.

"We just played vintage Air Force foot-



Photo by John Van Winkle

TOUCHDOWN: Air Force fullback Adam Cole fights his way into the end zone to put the Falcons up 21-6 over the Wyoming Cowboys.

ball and ran right at them," said Harridge, "and they couldn't stop it."

The Falcons ended the day with 431 rushing yards and 530 total yards on offense, retaining their status as the nation's top Division I rushing offense.

"It was a typical Air Force-Wyoming football game," said DeBerry. "I don't know who picked us to win by 20 points over Wyoming, but I'd like to know him and know what he knows that I don't know."

The win also advances the Falcons' record to 4-0 and gives them the top spot in the Mountain West Conference. Next up for the Falcons is conference foe Brigham Young University Saturday.

Gen. Olds visits Wolf Pack



WOLF 1: Retired Brig. Gen. Robin Olds is responsible for naming the 8th Fighter Wing the Wolf Pack. In the final pre-flight brief of New Year's Day 1967, Col. Olds told his pilots, "All right you wolf pack, let's go get them." After the success of Operation Bolo, the wing started calling itself Wolf Pack. Although General Olds was not the first commander of the 8th Tactical Fighter Wing, he is known as Wolf 1 because it was under his command that the Wolf Pack name became synonymous with the wing.

Rules of the Mess

Wing dining-out is Saturday at 7 p.m at the Loring Club

1. Thou shalt not be late.
2. Thou shalt make every effort to meet all the guests.
3. Thou shalt move to the mess when thee hears chimes and remain standing until seated by the president.
4. Thou shalt not bring drinks into the mess.
5. Thou shalt not leave the mess whilst convened. Military protocol overrides all calls of nature.
6. Thou shalt participate in all toasts unless thyself or thy group is being honored with a toast.
7. Thou shalt ensure that thy glass is always charged while toasting.
8. Thou shalt keep toast and comments within the limit of good taste and mutual respect. Degrading or insulting remarks will be frowned upon by the membership. However, good-natured needling is encouraged.
9. Thou shalt not murder the Queen's English.
10. Thou shalt not open the hangar doors.
11. Thou shalt always use proper toasting procedures.
12. Thou shalt fall into disrepute if the pleats of thy cummerbund are inverted.
13. Thou shalt be painfully regarded if thy clip-bow tie rides at an obvious list.
14. Thou shalt consume thy meal in becoming gentle persons.
15. Thou shalt not laugh at ridiculously funny comments unless the vice first shows approval by laughing.
16. Thou shalt not overindulge thyself in alcoholic beverages.
17. Thou shalt not question the decisions of the vice, otherwise known as quibbling. Decisions of the president are final.
18. Thou shalt not begin eating the meal before members of the head table.
19. Thou shalt not wear an ill-fitted or discolored mess jacket.
20. Thou shalt show approval by the tapping of thy spoon only.
21. Thou shalt enjoy thyself to thy fullest.

Retired Brig. Gen. Robin Olds events

Today

Saturday

- 4 to 5 p.m. — Wing promotion ceremony at the Loring Club.

7 to 8 p.m. — General Olds attends free food at the Loring Club and will make a speech. **Open to all fighter wing members.**

8 to 11 p.m. — Crud tournament at the Loring Club.
- 10 a.m. to 3 p.m. — Golf tournament at West Winds Golf Course.

5:30 to 6:30 — Pre-game social with Col. Robin Rand, 8th Fighter Wing commander. By invitation only.

6:30 p.m. — Wing dining out at the Loring Club



TRIPLE ACE: The general is a former World War II pilot. During WWII, he became a double ace, having been a part of 107 mission and 24 victories. He shot down 13 enemy aircraft and destroyed 11 on the ground. After WWII, General Olds fought in Vietnam. Stationed in Thailand, he was the commander from September 1966 to September 1967 of the 8th Tactical Fighter Wing, known today as the Wolf Pack. General Olds was the first pilot in Vietnam to shoot down two MiGs, he was also the first to shoot down four. He planned and led the famous Bolo operation. Under his command, the 8th Tactical Fighter Wing destroyed nearly half of North Vietnam's most advanced fighters in only five days. It made the wing the first double ace wing of southeast Asia.